A B S T R A C T

An armrest for an inside wall of a motor vehicle, in particular for a door, the armrest being of elongate shape along a main longitudinal axis, presenting a first end region along the axis, the first end region being connected to the wall by a connection member, wherein the connection member defines a pivoting connection about a substantially horizontal transverse axis enabling the armrest to move angularly relative to the wall, and the armrest includes a locking member co-operating with a stop piece secured to the wall and adapted to hold the armrest in modifiable manner in a selected angular position.